

## **SERVICES FOR CAREGIVERS OF ADULTS WITH PSYCHIATRIC DISABILITIES**

*Caring for an adult with a psychiatric disability can be difficult due to the stigma sometimes attached to mental illness. Several local agencies provide services for people with psychiatric disabilities, and some provide services to the caregivers.*

**Challenge Industries, Inc.**  
**402 East State Street**  
**Ithaca, New York 14850**

**Tel. 272-8990**

Challenge Industries provides vocational services for individuals who have disabilities which present a handicap to employment. Clients there have a variety of disabilities including mental retardation, epilepsy, mental illness, etc. Services include vocational evaluation, personal adjustment training, job skills training, job placement services, supported employment, transitional employment, sheltered employment and vocational counseling. Services are individualized and available on either a short or long term basis depending on the needs of the person requesting services. Challenge's goal is to assist each person in becoming employed at her/his highest level of ability with the greatest amount of community integration.

**Crossroad I.P.R.T.**  
**201 East Green Street**  
**Ithaca, New York 14850**

**Tel. 274-6247 (Pam Fabroni)**

The Crossroads Intensive Psychiatric Rehabilitation Program provides rehabilitation services to help people with psychiatric disabilities choose, get, and keep roles that they truly value. Consumers select one area to focus on: where they live, learn, socialize or work.

**National Alliance for the Mentally Ill**  
**104 East Lewis Street**  
**Ithaca, New York 14850**

**Tel. 273-2462 (Jean Walters)**

This is a self-help, support, and advocacy organization dedicated to improving the lives of people with severe, biologically-based mental illnesses. The group provides advocacy, a support group, and written information including pamphlets, books and brochures to family and friends of those with severe mental illnesses..

**Geriatric Outreach Program**  
**Tompkins County Mental Health Clinic**  
**201 East Green Street**  
**Ithaca, New York 14850**

**Tel. 274-6230**

**(Penny Calderazzo, Geriatric Outreach Team Coordinator)**

The **Geriatric Outreach Program** exists to meet the unique needs of older persons in Tompkins County with mental health concerns. Services include mental status assessments and treatment, including counseling and/or medications. The treatment team includes a community mental health nurse, psychiatric social worker, staff psychiatrist, and case aide.

When a client cannot come to the clinic, services can be provided to clients in home or community settings. Services are coordinated with the client's personal physician as well as agencies such as the Office for the Aging, Health Department, and Department of Social Services. Services will be billed to the client's health insurance.

**Lakeview Mental Health Services**

**315-317 North Aurora Street**

**Ithaca, New York 14850**

**Tel. 277-4768**

Lakeview Mental Health Services is a private, not-for-profit, agency serving a five county region in Central New York. In Tompkins County, it develops and operates residences for adults with psychiatric disabilities including community residences, a supervised apartment program and supportive apartment program. It also offers transportation to day services.

**Mental Health Association in Tompkins County**

**518 West State Street**

**Ithaca, New York 14850**

**Tel. 273-9250**

The Association is a private non-profit organization that provides information, education, referral, support and advocacy on mental health and mental illness related topics. It offers respite to families, maintains a lending library, publishes a newsletter three times a year, and sponsors the **As Friends** matching program for adults.

**Mental Health World**

**999 Delaware Avenue**

**Buffalo, New York 14209**

*Western New York Mental Health World* is a self-help newsletter and advocacy publication. Write to be included on its mailing list.

**New York State Office of Vocational & Educational Services for Individuals with Disabilities (VESID)**

**244 West Water Street**

**Elmira, New York 14901**

**Tel. 1-800-888-5020 (Ithaca - 275-0308)**

A vocational rehabilitation counselor helps the client develop an individual program, which may include specialized training or small business management. Vocational goals may also be competitive employment, homemaking, semi-skilled occupations or sheltered employment. There is no charge for these services. Counselors will make appointments with clients in Ithaca.

**Occupational Services of the Finger Lakes**

**518 West State Street**

**Ithaca, New York 14850**

**Tel. 272-7514**

Occupational Services of the Finger Lakes, a satellite program of Challenge Industries, provides competitive employment opportunities for individuals 18 years of age or older with mental health problems. Services include job development (resumes

and job-seeking skills), job training, counseling and support. There is no charge to consumers for these services.

**Tompkins County Mental Health Clinics**

**201 East Green Street**

**Ithaca, New York 14850**

**Tel. 274-6200 (8:30 am to 5:00 pm)**

The Clinic provides treatment for all sorts of mental and emotional problems and has trained doctors, nurses, psychologists and social workers available. The service is available to anyone who lives or works in Tompkins County. Services are available on a sliding fee scale. Medicare, Medicaid and private insurance are accepted. The service is confidential.

A Geriatric Outreach Program is available to address the unique needs of older people with mental health concerns.

The Clinic also has an Emergency Outreach Service (274-6230) to help people who can't get to the Mental Health Clinic, and a Suicide Prevention Hotline which operates 24 hours per day (272-1616).

**Tompkins County Department of Mental Health Services**

**201 East Green Street**

**Ithaca, New York 14850**

**Tel. 274-6200**

The Department operates the Mental Health Clinics as well as the Skylight Club, which provide a continuing treatment program and case management. It supports other mental health services through a series of contracts with other organizations. It is responsible for planning with staff from area hospitals and local agencies for appropriate living arrangements and services for patients leaving institutional care.